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ABSTRACT OF THE DISCLOSURE

A method of promoting lean body mass in an individual is disclosed, comprising administering to the individual a lean body mass promoting effective amount of forskohlin. A method of treating a mood disorder is also disclosed, comprising administering to a patient in need thereof a mood disorder treating effective amount of forskohlin. Compositions suitable for promoting lean body mass and/or treating a mood disorder are also disclosed, the composition comprising about 1 to about 40% forskohlin in combination with at least one physiologically acceptable carrier or excipient. A method of preparing a forskohlin composition from a forskohlin extract of *Coleus Forskoli* plant is further disclosed, as well as a forskohlin composition prepared by the method.